Healthy Sustainable Diets

This methodology document covers the following commitment areas and KPIs:

Commitment	KPIs
To help UK/ROI customers eat more healthily by increasing the proportion of sales of healthy food to 65% by 2025	Percentage of volume sales from products with a healthy health score in UK/ROI

DEFINITIONS

Tesco Health Score

The Tesco Health Score is used to define whether a product is healthy or not.

The Tesco Health Score is broadly based on the UK Government's 2004/5 Nutrient Profiling Model (NPM)[1]. The model was developed by Oxford University on behalf of the Food Standards Agency with the aim to profile products based on their nutrition and composition in order to assess their appropriateness for advertising to children. The model now is embedded into regulation which prohibits advertising in media of 'less healthy' food and drinks where the audience is under 16 e.g. children's magazines, children's websites or where under 16s are a significant proportion of the audience e.g. children's programmes, posters at school entrances etc.

This model is widely used across the industry and by policy makers to measure health in foods and drinks. It will be utilised in the upcoming (October 2022) Food (Promotion & Placement) (England) Regulation which will see restrictions of HFSS foods being promoted through volume led promotion mechanics or in key selling locations. Transport for London currently adopt the model as part of its advertising policy. The NPM is also used in the Republic of Ireland to restrict the advertising of HFSS foods to children.

The model identifies foods high in fat, salt or sugar, while recognising the contribution of dairy, meat, fish, and fruit and vegetable-based products to a balanced diet. The score is calculated by totalling the nutritional points provided by energy, saturated fat, sugar and salt (known in the model as 'A points') and deducting the nutritional points provided by fruit and vegetable content, fibre and protein ('C points'). Appendix 1 shows how these points are allocated.

A conversion factor (x -2 + 70) is applied to the score so that the number falls on a positive scale of 1-100, where the higher the number, the healthier the product. This conversion factor was developed by Oxford University to support the use of the NPM[2]. The fruit, vegetable and nut content is considered in the health score for whole fruits, vegetables or nuts (e.g. carrots, orange juice, almonds, a can of chickpeas),which are allocated the 5 point benefit. Fruit, vegetable and nut content is not considered for composite products, such as ready meals.

A product is defined as healthy where a food scores over 63, or a drink scores over 69. These thresholds are a direct translation of the Government NPM thresholds for a non-HFSS (high fat salt sugar) product. See below for example:

Product example: Wheat biscuits (cereal)

1) 'A' points (nutrients of concern)

	Energy	Sugar	Sat fat	Salt
Per 100g	1,520	4.4	0.6	0.7
Points	4	0	0	3

2) 'C' points (good nutrients)

	Fibre	Protein	Fruit, veg, nut content
Per 100g	10	11.5	0
Points	5	5	0

Total 'A' points	7
Total 'C' points	10
'A' points (less) 'C' points	–3

3) *Conversion: x –2 +70*
Conversion applied: (–3 x–2)+70
Score: **76 (Healthy)**

Product categories

A health score is calculated for all products which have nutrition information provided for them.

There are some category areas which are excluded from the % healthy sales KPI due to the nature of the products within them: household, pet care, health and wellness, baby, beauty, beers, wines and spirits.

TIMEFRAME

The baseline year for the % healthy sales KPI is the 2019/20 Tesco year, March 2019 – Feb 2020. The baseline data includes data from the UK business only.

Due to the impact of COVID-19, the first reporting year for the KPI will be 2021/22 Tesco Financial year, 52 weeks ending 26th Feb 2022, for both Tesco UK and ROI.

SCOPE

The scope of this data covers the following areas:

Markets	Country
UK & ROI	Tesco UK | ROI

METHODOLOGY

Using the health scores calculated for each product, unit volume sales are overlaid onto the scores, to determine the number of (and thus percentage of) sales from healthy vs. unhealthy products.

The KPI is measured at a barcode level. Therefore, if a product's score changes, e.g. reformulation increases score to become healthy if previously unhealthy, the unit volume associated with each different health score is factored in.

DATA SOURCES

The nutrition data source depends on whether a product is branded or own brand.

Branded data is sourced from Brand Bank, where suppliers are responsible for uploading and maintaining a product's nutrition information.

Own brand nutrition data is sourced from Tesco Quality Connect (TQC), our product specification system. Own brand suppliers must comply with the Tesco own brand nutrition information policy to ensure all nutrition information provided is representative of the product.

The Tesco health score is calculated in the Product application programming interface (API) (a service used to manage our product portfolio) using the nutrition information provided for branded and own brand products.

Unit sales volume data is held in our data warehouse and is derived from till transactions.

All data is flowed into a purpose-built dashboard, which is used to report on progress both internally and externally.

REPORTING AGAINST OUR TARGET

Reporting is carried out annually using the data held in the Tesco health dashboards. This data is refreshed at the end of each Tesco period.

For 2022 reporting, data is captured after the end of period 12 2021/22 (ending Feb 2022).

REFERENCES

[1] DHSC Nutrient Profiling Model

[2] The UK Ofcom Nutrient Profiling Model: Defining 'healthy' and 'unhealthy' foods and drinks for TV advertising to children October 2009, Mike Rayner, Peter Scarborough, British Heart Foundation

Health Promotion Research Group, Department of Public Health, University of Oxford Tim Lobstein, International Obesity Task Force, London

ASSURANCE

Deloitte LLP was engaged to provide independent limited assurance over the 'Percentage of volume sales from products with a healthy health score in UK/ROI' KPI using the assurance standard ISAE 3000. Deloitte's full assurance statement is available at: www.tescoplc.com/sustainability/reporting-hub.

APPENDIX 1

Calculating A points

A maximum of ten points can be awarded for each nutrient.

Total 'A' points = (points for energy) + (points for saturated fat) + (points for sugars) + (points for sodium)

The following table indicates the points scored, depending on the amount of each nutrient in 100g of the food or drink:

Points	Energy (kJ)	Sat fat (g)	Total sugar (g)	Sodium (mg)
0	≤335	≤1	≤4.5	≤90
1	>335	>1	>4.5	>90
2	>670	>2	>9	>180
3	>1005	>3	>13.5	>270
4	>1340	>4	>18	>360
5	>1670	>5	>22.5	>450
6	>2010	>6	>27	>540
7	>2345	>7	>31	>630
8	>2680	>8	>36	>720
9	>3015	>9	>40	>810
10	>3350	>10	>45	>900

If a food or drink scores 11 or more A points, then it cannot score points for protein.

Salt is converted to sodium to calculate A points (divide by 2.5 then multiply by 1000)

Calculating C points

A maximum of five points can be awarded for each nutrient/food component.

Total 'C' points = (points for % fruit, vegetable & nut content) + (points for fibre [either NSP or AOAC]) + (points for protein)

The following table indicates the points scored, depending on the amount of each nutrient/food component in 100g of the food or drink:

Points	Fibre	Protein	Fruit veg nut
0	≤0.9	≤1.6	-
1	>0.9	>1.6	-
2	>1.9	>3.2	-
3	>2.8	>4.8	-
4	>3.7	>6.4	-
5	>4.7	>8.0	Specific products*

*see healthy product definition section